

# ESSENTIALS

EMERGENCY

# EMERGENCY KIT CHECKLIST

## WATER



- As much as you can carry
- 3-5 Gallons Extra Portable Containers
- Method of Purification

## FOOD



- 72 Hour supply of food—lightweight, no cooking
- Can Opener
- Candy or Comfort Food

## FIRST AID



- First Aid Kit & Supplies
- Burn Gel and Dressing
- Potassium Iodide
- N95 Respirator Masks
- First Aid Booklet
- Sunscreen
- Insect Repellent

## SHELTER



- Tent
- Poncho
- Tarp

## FIRE/WARMTH



- Hand & Body Warmers
- Matches
- Blanket or Sleeping Bag
- Lightweight Stove & Fuel

## LIGHT & COMMUNICATION



- Flashlight w/ Extra Batteries
- Whistle
- Lightsticks
- Radio
- Headlamp
- Candle

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## STRESS RELIEVER

- Games
- Books
- Small Toys
- Paper & Pen



## SANITATION

- Toilet Paper
- Toothbrush & Toothpaste
- Hand Sanitizer
- Sanitary Napkins
- Comb/Razor
- Moist Towelettes
- Garbage Bags



## STORAGE & TOOLS

- Backpack
- Hatchet or Axe
- Shovel/Trowel
- Pocket Knife/Pliers/Multitool
- Sewing Kit
- 50 Foot Paracord Rope
- Duct Tape



## POWER

- Cellphone Charger—Battery or Handcrank
- Power Cords for Devices
- Batteries—Rechargeable preferred



## OTHER

- Glasses
- Local Map
- Portable Toilet
- Infant Needs
- Medication



## MONEY

- At least \$20 in small bills and coins



## CLOTHING

- A complete change of clothes—Rotate seasonally and check for size



## IMPORTANT DOCUMENTS

- Copies of important documents such as birth certificates, marriage licenses, wills, bank info, insurance forms etc.
- Phone Numbers for emergency contacts both in and out of state
- Family Photos on a flash drive or external hard drive

